

ACHIEVING A HEALTHY BALANCE SENIORS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

207.236.3375 • www.penbayymca.org

Sandy Bodamer - sbodamer@penbayymca.org

Spring I Session: February 25 - April 14

HEARTWATCH

(Location: Penobscot Bay YMCA)

You will be on a path to recovery with this specially designed program for post cardiac event patients. Heartwatch is a phase III and IV cardiac rehab program designed to lead participants through a basic fitness program. The program is supervised by nurses and has a fitness specialist on staff during the class to help with each individual. Special care is taken to ensure the health and safety of the participant: blood pressure and heart rate will be monitored constantly during all workouts.

Monday, Wednesday & Friday: 7:00-8:00 AM

Cost: \$62 per month

Instructor: Sandy Bodamer

HEALTHY SENIORS at the Rockland Harbor YMCA

This low impact, total body workout is designed for all individuals, from beginners to intermediate fitness levels. It includes balance, core strength, flexibility and strength training. Chairs, bands, weights and balls are used for this fun and energetic class.

Mon. Wed. and Fri.: 1:00-1:45 PM

Location: Rockland Harbor YMCA

Cost: Free Members / \$25 Participants

Instructors: Sandy Bodamer

SENIOR STRENGTH, STRETCH & BALANCE

Location: Penobscot Bay YMCA

Active Older Adults can experience a simple, one hour Program introducing the basic components of fitness: strength, balance, flexibility and relaxation. Please join us for friendship, fitness and fun as you build greater self-confidence and independence!

Monday, Wednesday* and Friday: 10:45-11:45 AM

***Wednesday class ends at 11:30 AM**

Cost: Free Members / \$80 Participants

Instructor: Sandy Bodamer

DANCE YOURSELF FIT

Location: Penobscot Bay YMCA

This exhilarating cardio class will keep you grooving while using easy to follow moves combining fast and slow rhythms and intervals to tone and sculpt your body while burning calories. Radio hits, pop, hip hop and country music will guide you while improving your coordination, balance, cardio fitness and most importantly—MOOD!

Tuesday and Thursday: 10:45-11:45 AM

Cost: Free to Members / \$15 drop-in fee per class

Instructor: Becky Dunton

Senior Social and Educational Opportunities

THIRD THURSDAY BOOK CLUB

A new opportunity to join us for a participant driven book club! Do you enjoy a good book

and a lively discussion? We do too and hope you will join us!

● **March 21st Meeting: 11:30 AM - 12:30 PM**

● **April 18th Meeting: 11:30 - 12:30**

Location: Penobscot Bay YMCA, Room 204

Please call Sandy Bodamer at 593.8500 for the selected book of the month! Please feel free to bring your own lunch!

Book Club

"A WALK IN MAINE" FRIDAY, MARCH 29

Thompson's Point, Portland

Depart the Y: 8:00 AM

Return to Y: 2:00 PM

Price: \$35/Person

Join us for the 2019 Maine Flower Show and Take a Walk in Maine! This is one of the biggest gardening and horticultural shows in the region where landscapers, exhibitors, designers and horticulturists come together in one annual event. Lush, living display gardens are designed to be walked through where we celebrate the state's values and traditions, its exceptional local goods and services, and the bounty of local resources that take root, grow and thrive right here in Maine.

Reserve your seat on our Y bus by March 15 as only 13 seats are available! RSVP by stopping by or calling the Y at 236-3375.

The Maine
**FLOWER
SHOW**

